

Skuld

The Goddess Issue (5)

Magick

Lore

Ritual

Beauty

Celebration

Honour



Skuld Issue No5

The Goddess Issue

Welcome to issue Number 5 of Skuld, we have various Goddesses featured and they are each one a4 page, we were thinking of doing them 3 or 4 pages long but we know people nowadays have a short attention span, so we focused on the core of each woman featured, that way you can decide for yourself if you wish to delve deeper into each one.

Doing this issue was nothing but pure joy, as I researched each female goddess I found myself finding some sort of connection with her, that is the most wonderful aspect of the female divine we can connect with so many elements of femininity in each one featured, be it their wisdom, knowledge, honour, strength and so forth. A big thank you to Strega for her piece on Venus xo

Each photo used in this issue is also mine, I spend an hour or more every single day outside taking photos' of the gifts in abundance from mother nature, I highly recommend daily interactions with the outdoors, it grounds me, it heals me, it makes me feel at one so I can for that brief moment block out the real madness that is being shoved down our throats daily!

We may do a few more Skuld -The Goddess issues, let's face it we have barely skimmed the top. If you have suggestions or would like to submit to the next issue contact us via wau14.com

Morrigan - Keltic Goddess

(pron. 'mor-ree-gan')

Morrigan, who is also known as the Morrigu, is our beautiful shape shifting Keltic Goddess of War, Witches and Death. Morrigan also presides over our rivers, our lakes and fresh water, in addition to being the Goddess of revenge, night, magick, prophecy, priestesses and importantly witches. I would consider her definitely a Dark Goddess which is a very necessary element in everyone. I would consider myself a Dark Witch - not one who conjures or works with the dark arts, but one who loves winter. The nakedness winter causes amongst nature shows everything in its bare naked element.

Morrigan is frequently depicted in artwork standing on a battlefield holding two spears. She is a well-known shape-shifter, and she would usually take on form of a crow. She was also known as a protectress. Morrigan has a unique ability to draw upon your own inner strength, and empowers that person to confront his or her own challenges, frequently causing them to use every bit of that strength to face insurmountable odds. I literally call upon her daily, I honour her Crow form daily, I photograph them as often as possible, which is almost daily. In my opinion, no women can go wrong in turning to her for strength and guidance.

In our Keltic tradition, Morrigan appears in many of Triple Goddess trinities. She has appeared as one of the Triple Goddess, which are more or less the same person during three different but yet important ages in their lifetime. Morrigan has also appeared in the more traditional Triple Goddess in which there is a Maiden, a Mother and a Crone. She has always taken on the role of the Crone, for the crone is wisdom, strength, knowledge, a teacher, a guide, a mentor. I always honour the crone aspect of the Goddess personally. As a Triple Goddess, The Morrigan's three roles were Nemain, Macha, and Badb which, when translated, mean "frenzy," "crow" and "crow."

Morrigan's most important role was that of a woman. She fought, she loved, she honoured, she worshipped, she had the same exact feelings that any other woman experiences. It was through her feminine feelings that Morrigan had a very unusual relationship with Cu Chulainn, the greatest warrior that our country (Ireland) has ever had. It was only by fighting him on three separate occasions that she was able to give him the power that he needed, as only she could give, so that he could go forward and bring forth victory.

These stories within this issue of SKULD merely touch upon these amazing feminine divines. We write these in hope to encourage you to delve more into these women, goddesses, warriors, mothers, and to embrace every single aspect of womanhood!

WAU Europa

Cailleach – The Witch of Winter

(pron. ‘cay-lok’)

Cailleach is that touch of frost, that bare tree, that look of nakedness in nature. She is a divine Witch, Hag and weather deity, and an ancestral deity. Cailleach is one of the oldest living mythological beings associated with Ireland. She is also commonly known as the Cailleach Bhéara or Bheur. I usually call her Cailleach Bheur. The word Cailleach means "hag" or "witch" in modern Scottish Gaelic and I have her name tattooed on me. Cailleach has been applied to numerous mythological figures in Ireland, Scotland and the Isle of Man.

Cailleach is strong and ever renewing. She has glided through many lifetimes going from crone to maiden in the typical cyclic fashion. Cailleach is widely reputed to have had at least fifty foster children during her many lifetimes. Her grandchildren and great-grandchildren formed the tribes of Kerry and its surroundings. Anyone who has been to Kerry can see why they chose that site. It is full of magick, history and lore, abundant in its gifts and scenery.

The Book of Lecan is a medieval Irish manuscript written between 1397 and 1418 in Castle Forbes, Lecan, in the territory of Tír Fhíacrach, near modern Enniscrone, County Sligo. It is in the possession of the Royal Irish Academy. The circa 1400 a.d. book claims that the Cailleach Bheur was the goddess of the Corcu Duibne people from the Kerry region. In Scotland the Cailleach Bheur serves a similar purpose as the personification of Winter. She has a blue face, and is born old at Samhain (Nov 1st) but grows ever younger over time until she is a beautiful maiden at Beltane.

Cailleach Bheur's gifts to us are balance, cycles, rebirth, overcoming and winter. Her symbols are snow and blue items. In Scottish traditions, this is a blue faced crone Goddess who drapes herself with power throughout the winter months. I think this is why I love Cailleach, as I love winter, being cold, how sacred nature looks and feels. She brings the snow and cold until the wheel of time turns toward spring on Beltane (May Day) where she is youthful and deemed beautiful again.

"Alternate names: Cailleach Bheur, Cailleach Uragaig, Cailleach Bolus, Cailleach Corca Duibhe (Ireland); Caillagh ny Groamagh, Caillagh ny Gueshag (Isle of Man)." Cailleach Beinne Bric ('Old Woman of the Speckled Mountain'), Cailleach Mor ('Great Old Woman') (Scotland); Cailleach Bheirre."

Žemyna – Slavic Goddess

(pron. ‘že-me-na’)

Žemyna is the goddess of the earth in Lithuanian mythology. She is typically regarded as mother goddess and one of the chief Lithuanian goddesses similar to Latvian Zemes māte. Žemyna personifies the fertile earth and she nourishes all life on earth - human, plant, and animal. All that is born of earth will return to earth, making her also related to death.

Žemyna is the daughter of SAULE and MENESS. She went on to handle important tasks such as protecting Oak and Linden trees and looking after things that come in batches of three or nine. We all know that Oak trees are important part of nature, magick, ritual. I collect Oak leaves and branches I find that have fallen from their owner. Linden is a very light, airy, and smooth wood, excellent for carving and capable of supporting fine details. It is especially suited to star magick, spells of creation and transmutation, illumination, love, attraction, healing, enhancement of beauty and peace, and acts of enchantment. Some associate this with the Celtic Tree of Life.

Žemyna is said to have been married to either Perkūnas (thunder god) or Praamžius (manifestation of chief heavenly god Dievas). They formed the typical Indo-European pair of mother-earth and father-sky. It was believed that the earth needs to be fertilised by the heavens (rain and thunder). That is why it was prohibited to plough or sow before the first thunder, as the earth would be barren and of no use.

WAU Europa

Hail Žemyna Slavic Goddess of the Earth and Mother Goddess.

Vesna – Slavic Goddesses

(pron. ‘ves-na’)

Vesna or **vesnas** are mythological female characters associated with youth and springtime in early Slavic mythology, particularly within the beautiful countries of Croatia, Serbia and Slovenia.

The male companion of Vesna is Vesnik; she has been associated with rituals conducted in rural areas during springtime. In the nineteenth century, Russian peasants celebrated the return of spring on March 1 by going out to the fields, carrying the clay figure of a lark on a pivot which had been decorated with flowers, farmers would sing songs to Vesna and it is still the Slovenian word for spring.

In Slovenia Vesna was not a single being but a group of godly women. Vesna lived on hilltops, in castles, where they discussed and decided the fate of both humans and crops. It was possible to sneak up to them to try to hear of one's own fate, but it was dangerous and you had to avoid getting caught by the vesnas since they would give you a gruesome fate.

The vesnas could only leave their place during the month of February and then they would travel around the land in a cart and sing - but only a chosen few humans could hear them.

Rituals to Vesna in Slovenia existed even after WWII. Vesna was a very popular female name during the 20th century.

There is not much written about the Vesna, maybe their name was used by a Goddess in another Slavic land? Most of the time Goddesses throughout Europe are fairly similar, thus meaning if you follow the Spring Goddess of the Germanic folk chances are she will be fairly similar to the spring goddess of the Slavic people! If you have any other information on the Vesnas please contact us as we would love to learn more.

WAU Europa

Hail The Goddesses Of Our Slavic Folk

Minerva – Roman Goddess

(pron. ‘min-er-va’)

Minerva was the Roman goddess of wisdom and science. In many ways similar to the wonderful Greek Goddess Athena, Minerva has important temples in Rome and is also the patron of the Quinquatrus festival.

Minerva is also the virgin goddess of poetry, medicine, wisdom, commerce, weaving, crafts and magick. She is often depicted with her sacred creature, an owl, usually named as the "owl of Minerva", which symbolises her ties to wisdom. She is one of my favourite Roman goddesses.

At the temple situated on the Capitoline Hill, she was worshipped together with Jupiter and Juno (we named our dog Juno), with whom she formed a powerful triad of gods / goddesses. Another temple for her was located on the Aventine Hill. Her name "Minerva" may have come from the Indo-European root 'men', from which "mental" and "mind" are also derived. Romans have also said that Minerva was not born in the typical way; this goddess was in the unique position of having a father but no mother. Minerva is supposed to have sprung, fully grown and completely armed, from the head of Jupiter. This image has captivated Western writers and artists throughout the ages.

Minerva has always been worshipped throughout Italy, although it is only in Rome that she did take on a warlike character. Minerva is usually depicted wearing a coat of mail and a helmet, and carrying a spear, I'm sure once you google her name you will see the image and immediately recognise her as one of the goddesses of war. She was often represented in Roman art with various weapons. She was credited with inventing the chariot, plough, bridle, rake, ox yoke and the flute.

We always like to point you, our readers, in the direction of reading, so we provide a snippet, synopsis etc. of these amazing Goddesses. Discover interesting information and facts about Minerva, the Roman goddess of wisdom and science, to increase your knowledge about Minerva via Roman Mythology and history online!

WAU

Venus – Roman Goddess

(pron. 'vee-nus')

Venus is the Roman goddess of love and beauty, sexuality, marriage, procreation and domestic bliss. She was originally a patroness of vegetation, gardens and vineyards, but the Romans liked to adopt from other cultures and she soon became their very own Aphrodite.

Some stories say she herself was the daughter of Jupiter and Dione - other stories say she sprang from the foam of the sea. She herself was married to Vulcan, but among her many lovers were Mars, the God of War, and the handsome Adonis. Venus and Mercury were the mother and father of Cupid, God of Love.

Venus means "charm" in archaic Latin. A bit less of a floozy apparently than her Greek counterpart, she was said to protect the morals of maidens. However, even after Christianity, Venus would still be immortalized in art and poetry as the cultural symbol of love and beauty, and the awesome power of female sexuality. Notable representations include the statue known as the "Venus de Milo" (c. 150 BC) and the painting "The Birth of Venus" by Sandro Botticelli.

The truth about beauty is that it reminds us of the Goddess. Outer beauty is a reflection of what is going on inside of you, and when you go out into the world looking your best, you are wearing the cloak of the Goddess. It is empowering. Put your best foot forward always, as you are representing your folk every time you are in public. As Coco Chanel once said, "There are no ugly women in this world, just lazy ones." She also said, "Dress like you are going to meet your worst enemy." Ha!

Among other goddesses, I talk to Venus daily - every morning when I am getting myself ready for work I invoke her. Venus can also be called upon to heal and strengthen relationships of all kinds, because to this goddess, all relationships, friends and family, are based on love.

"Hail Venus!"

Goddess of passionate lust for life
Insatiable desires and sensuous beauty.
You shine and sparkle
a billion emeralds.
Bestow upon me your radiance
from within and without.
Bestow upon me your passion and fire.
Lovely lady of the sea,
I invoke thee."

Venus correspondences:

Element of water	
Scallop shell	
Emerald, turquoise	
Copper and gold coins	
Green, rose pink	
Roses, violets	
Swan, dolphin, heron	
Herbs with red fruit / berries	
all sweet fruit - apples, strawberries	
and myrrh.	

Flora - Roman Goddess

(pron. *floh-uh*)

In Roman mythology the beautiful Flora (Latin: Flōra) was a Sabine derived goddess of flowers and of the season of spring. She is seen as a symbol for nature and flowers (especially the may-flower).

Being one among several fertility goddesses, her association with the spring gave her particular importance at the coming of springtime, as did her role as goddess of youth. Flora is quite ancient; the Sabines are said to have named a month for her (April)

The festival Floralia was held between April 28th and May 3rd and symbolises the renewal and the cycle of life, drinking, and flowers. The festival was first instituted in 240 B.C.E but on the advice of the Sibylline books she was given another temple in 238 B.C.E. Flora had her own flamen, one of a small number of priests each in service to a specific Deity. The flamens were said to have been instituted by Numa, the legendary second King of Rome who succeeded Romulus. Whether Numa really existed or not, the flamens were undoubtedly of ancient origin, as were the Deities they served.

Flora has been depicted by the Romans as wearing light spring clothing, holding small bouquets of flowers, sometimes crowned with blossoms. Honey, made from flowers, is one of her gifts, and her name is said to be one of the secret (holy) names of Rome. She is sometimes called the handmaiden of Ceres. Ovid identifies Flora with the Greek flower-nymph Chloris, whose name means "yellow or pale green", the colour of spring. The word flora is still used as a general name for the plants of a region.

Alternate names/epithets: Flora Rustica, "Flora the Countrywoman" or "Flora of the Countryside", and Flora Mater, or "Flora the Mother", in respect to her ancient origins. Among the Oscans she was known as Flusia.

HEKATE - The Greek Goddess

(pron. ‘hek-uh-tee’; in Shakespeare ‘hek-it’)

Hekate is the only child / daughter of the Titans, Perses and Asteria, from whom she received her power over heaven, earth, and sea. She is the Greek goddess of magick, sorcery, witchcraft, crossroads, trivial knowledge and necromancy.

Hekate's magick was that of death and the mysterious underworld, but also of love and oracles, of herbs and poisons, protection and guidance. Among pagans today, Hekate is most often depicted in her triple, three bodied form, facing in three directions simultaneously. From what we have read, the oldest known image that survives today of the Goddess Hekate is a small 20cm high terracotta statue dating back to the 6th century BCE. This image shows Hekate crowned and enthroned in a pose which is similar to that of the Goddess Kybele, with whom Hekate shared the title of Brimo (meaning 'angry' or 'terrifying').

The name of Brimo is of particular significance, being one that has been found recorded on Orphic Funeral Tablets as a password to be spoken by the initiate on death at the gates of the underworld (where Hekate holds the keys) to gain safe entry. This password was combined with the Orphic Oath of "I am a child of earth and starry heaven, but my race is of heaven alone," which is also particularly appropriate in the context of Hekate, daughter of the stellar goddess Asteria. The history of Hekate is vast and in no way can we cover it all, but we highly recommend her as a Goddess to truly delve deeper into, as she is truly a Goddess of much depth!

Hekate helped Demeter in her searches for Persephone by holding torches for Demeter at night. After their reunion, Hecate became a close friend of Persephone. I used to have a wonderful statue of Persephone being held by Hades; this story alone is also great reading.



Hekate is usually seen dressed in dark robes, holding twin torches. She is accompanied by a she-dog and a polecat, which used to be her enemies before she morphed them into animals. In later times, Hekate is pictured as a woman with three heads, or three entirely different forms for morning, noon and night, and for maiden, mother and crone. **WAU Europa**

Hestia – Greek Goddess

(pron. ‘eh-stee-ya’)

Hestia is the domestic Goddess of the hearth, domesticity, hospitality and family life. In the past, if your hearth fire was ever extinguished it had to be ritually relit with the flame from her temple and also ritually put out. There were also public hearths dedicated to Hestia known as prytaneions. The most famous of these were sited at Olympia and at Delphi. In these hearths were the first fruits, oil and wine of the season. Cows were also sacrificed to her.

Hestia has the apt title of being both the eldest and the youngest daughter of Rhea and Cronus. Hestia was swallowed whole at birth by her father and was the last one to be regurgitated, after Zeus tricked him into taking an emetic. How about that for a birthing story, ha! Hestia has siblings who also became important figures in Greek mythology. They were: Hades, Poseidon, Demeter and Hera, each one worthy of research and interest!

Few images of the goddess Hestia exist. Her symbols are the sacred hearth flame and the circle, and they are usually used to represent Hestia in works of art. Hestia was one of the three virgin goddesses, next to Athena and Artemis. Both Poseidon and Apollo wished to marry her, however Hestia had given the oath to Zeus to never enter into a union with a male and to remain forever pure and undefiled. She is independent, autonomous and focused on her inner spiritual world; she is not seeking a relationship with a man to complete her. Her energy is impersonal and detached. Her awareness is focused.

Hestia was a humble, kind, forgiving goddess and had a discreet character. She never left her home, the sacred mountain of Olympus. Hestia never participated in any disputes or wars. For this reason, all Olympian gods respected and loved her. Hestia is believed to dwell in the inner part of every house and to preside over all sacrifices - her presence made both home and temple hearths sacred. The Hestia archetype flourishes in a spiritual community - particularly meditative.

WAU Europa

Hretha - Anglo-Saxon Goddess of Victory (pron. 'hre-tha')

Of all the gods and goddesses of the Heathen Anglo-Saxons, the one that is seemingly the most obscure is Hretha, Hrēðe or Hrēða, meaning "the famous" or "the victorious". This goddess connected with the month "Rhedmonth" (from Old English *Hrēþmōnāþ).

Rheda is attested solely by Bede in his 8th century work *De temporum ratione*. While the name of the goddess appears in Bede's Latin manuscript as Rheda, it is reconstructed into Old English as Hrēþe and is sometimes modernly anglicized as Hretha (also "Hrethe" or "Hrede").

Hrēþmōnāþ is one of three events (apart from the days of the week) that refer to deities in the Anglo-Saxon calendar—the other two being Ēostermōnāþ and Mōdraniht. Ēostermōnāþ is of course Ostara and Mōdraniht is Old English for "Night of the Mothers" or "Mothers'-night" which is an event held at what now Christmas Eve by the Anglo-Saxon Pagans is. The event is once again attested by the medieval English historian Bede in his 8th-century Latin work *De temporum ratione*. Scholars have proposed connections between the Anglo-Saxon Mōdraniht and events attested among other Germanic peoples (specifically those involving the dísir, collective female beings, and Yule) and the Germanic Matres and Matrones, female beings attested by way of altar and votive inscriptions, nearly always appearing in trios.

In chapter 15 of his work *De temporum ratione*, Bede provides information about English months and celebrations. Bede records that Hrēþmōnāþ is analogous to March, and details that "Hrethmonath is named for their goddess Hretha, to whom they sacrificed at this time" (Rhēþ-monath a Dea illorum Rheda, cui in illo sacrificabant, nominatur...). Bede notes that Hrēþmōnāþ occurs between Solmōnāþ (February), so named due to the offerings of cakes to the gods during the month, and Ēostermōnāþ (April), named after the goddess Ēostre. And to the Anglo-Saxon Heathens, this defeat of winter could possibly have been achieved through the bravery of their goddess Hretha. In praise of her bravery they dedicated a month to her, calling it Hrethmonath, or the month of Hretha.

Ostara (Oestre)

Anglo Saxon Goddess of the Dawn and Spring

(pron. ‘oh-star-ah’ / ‘ee-struh’)

The Beautiful Goddess Ostara is the Anglo-Saxon Goddess of Spring, the East, Resurrection, and Rebirth; she is also the Maiden aspect of the Three-fold Goddess.

Ostara was very much an important Goddess during spring to the ancient Anglo Saxons. A few have suggested that Ostara is merely an alternate name for Frigg or Freya, but neither of these Goddesses seem to have quite the same fertility function as Ostara does. Frigg, goddess of the home, doesn't seem to be associated with such an earthy festival, and Freya's form of fertility is more based on eroticism than reproduction. I definitely think that Ostara was her own Goddess with no real counterpart in any other European Pagan faith, similarities yes, but not a carbon copy!

Pagan Anglo-Saxons make offerings of coloured eggs to her at the Vernal Equinox. I like to dye mine and add runes and inscriptions for magick and rituals. Some of us place them at graves especially, as a charm of rebirth. (Egyptians and Greeks were also known to place eggs at grave sites).

Ostara, the Goddess of Fertility, was also the Goddess of Grain, so offerings of bread and cakes were also made to her. I try to braid my bread before I bake it, and I also do a variation of scones and cookies. Rabbits are also sacred to Ostara, especially white rabbits, and she was said to be able to take the form of a rabbit.

One myth surrounding Ostara says that she found a bird dying from the cold; she changed it to a rabbit so it could keep warm. Maybe this is why the Easter Bunny brings eggs to children on Easter. Traditionally German children are told that it is the Easter hare that lays all the Easter eggs, but us in the British Isles pay homage to the Ostara Bunny or Hare!

Remember to honour Ostara, her traditions and rites this coming March!

Sif – Norse Goddess

(pron. 'sif')

Sif is a goddess in Norse mythology. In both the Poetic Edda and the Prose Edda, **Sif** is the wife of the thunder god Thor and is known for her golden hair. In the Prose Edda, **Sif** is named as the mother of the goddess Þrúðr by Thor and of Ullr with a father whose name is not recorded.

Sif had beautifully magnificent, thick, wondrous golden hair; her hair flowed down her back like a beautiful shining field of corn. In fact, it was Sif who made the Norse people's crops grow, and their fields yielded long heavy ears of corn that would keep their families well fed and content. Sif travelled over the Northern world, and wherever there were families, farms and people toiling the land, Sif was sure to be near at hand smoothing their path against the cruel winds, and cold winters of the North.

Once upon a time all her hair was cut off by Loki as a cruel prank. She was miserable and crops would not grow until it was replaced. The dark months while her hair was gone became what were known as winter months.

Sif immediately ran and told her husband Thor, who instantly realised the cruel prank to be of Loki's characteristic hand. Thor angrily confronted the Trickster god Loki, demanding that he make recompense to Sif, "or else." Realising that an angry Thor was not to be trifled with, Loki visited one of the dwarves, the diminutive race of beings who are masters at creating any number of useful objects for the deities out of their forges. After a bargain was struck, the dwarf smith created a headpiece of artificial golden hair that, when applied to Sif's head, magickally took root to her scalp and effectively replaced her missing locks.

Sif is the perfect goddess to call upon for achieving a degree of plentifullness and bounty in your life in a general sense, as well as forging a strong bond with the forces underlying the earth. I have used her when doing garden magick and rituals.

The story of Sif is a wonderful one, and we highly recommend that you go online and read as much as you can. It is a wonderful story for family night!

IDUNN – Norse Goddess

(pron. ‘iya-dun’ - ‘u’ as in ‘true’)

Idunn is one of the Aesir Gods, the deities of the sky realm of Asgard. In Norse mythology, **Iðunn** is the beautiful golden haired goddess associated with apples and youth. Iðunn is attested in the Poetic Edda, which was compiled in the 13th century from earlier traditional sources, and the Prose Edda, written in the 13th century by Snorri Sturluson. In both sources, she is described as the wife of the skaldic God Bragi, and in the Prose Edda also as a keeper of apples and granter of eternal youthfulness. Idunn keeps the golden apples that maintain the eternal youthfulness of the gods. Since the gods are not immortal, the apples are considered very precious.

One day Loki arranged for the giant Thiassi to abduct Idunn and subsequently all the Gods and Goddesses started to age and weaken. Loki was then at once summoned by all the angry Gods and told to bring her back. Loki borrowed Freya's falcon cloak and flew to the giant's house. Luckily the giant was out fishing so Loki could then transform Idunn into a nut, attempting to fly her home quickly before the giant discovered her missing. The giant returned home early and changed into an eagle so he could capture them. The Eagle is faster than a falcon and so the giant began to gain on Loki. Odin, seeing them in the distance, instructs the Gods to light a fire once Loki has safely flown overhead. The Eagle is unable to stop and his wings burst into flames.

Idunn is a hard working goddess as well as a deity of health and rejuvenation, as we know they are both linked. Idunn honestly believes that hard work - especially working the earth - is the second-best thing that you can do for your health. The first thing, of course, is proper nourishment. Idunn is one of the Gods of agriculture and healthy food; she is the only such deity who is one of the Aesir.

Idunn should be called upon for any health issue that arise, as well as for getting one's body back in tip top shape. Call upon her if you are trying to get over food issues, getting more out of your own diet, easing the transfer to healthy food over junk, and of course for blessing anyone with an orchard or fruit trees. If you have such a friend surely this would be a great gift to them! Always be mindful of the overuse of pesticides in your garden, of planting, gardening, and eating without mindfulness, of behaving in ways that rape the earth, of not honouring the land vaettir. There are many healthy safe ways to tend to the earth - look through our family zine HomeFront and it will surely be a topic we revisit! Faith - Folk and Good Earth!